

NATURAL ASTAXANTHIN EXTRACT REDUCES DNA OXIDATION

Abstract of the Disclosure

Provided herein are methods for reducing oxidative DNA damage in a subject, by administering to the subject astaxanthin, for instance a natural, astaxanthin-enriched extract from *Haematococcus pluvialis*. It is shown that doses as low as 2 mg/day, given orally to a human subject for a period of four weeks, is sufficient to reduced measurable endogenous oxidative DNA damage by about 40%.